

Dr. Pamela Purcell BSc ND
Integrative Medical Practitioner

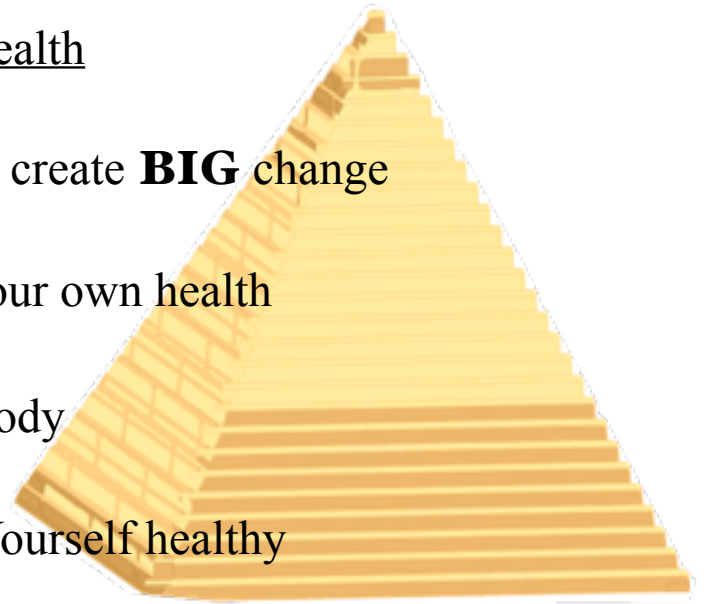
presents

Take Charge of Your Health

5 Easy Steps to Improve Your Overall Health

The Pyramid of Health

- Take **small** steps to create **BIG** change
- How to *assess* your own health
- **Listen** to your body
- Ways to **THINK** Yourself healthy



LEARN:

Registration

Deadline:

Location:

Dates:

Cost:

\$150 (plus HST)
Includes: Workbook &
Certificate of
Completion

*"I've learned so much about myself, my body and how my thoughts affect my health
- thank you" PG*

*Dr. Pam helped me make the big stresses in my life manageable" TG
I am so glad I spent the money on myself and this class. It has helped me feel in
control of my body and my health" TW*



Dr. Pamela Purcell BSc. ND has been teaching and assisting individuals and groups with their health and fitness goals for over twenty years. She completed her Bachelor of Science in Kinesiology in 1994 from Dalhousie University and graduated with her Doctorate in Naturopathic Medicine in 2003 from the Canadian College of Naturopathic Medicine in Toronto. When working with individuals and groups as an Integrative Medical Practitioner, Dr. Purcell educates in a simple and effective way which makes it possible for everyone to live in optimal health every day.

For more information visit: www.pampurcell.ca